MS23F301T**
MS23F302T**

Microwave Oven

Owner's Instructions & Cooking Guide

imagine the possibilities

Thank you for purchasing this Samsung product.

Please be advised that the Samsung warranty does NOT cover service calls to explain product operation, correct improper installation, or perform normal cleaning or maintenance.

Planet First **100 % Recycled Paper**

This manual is made with 100 % recycled paper.

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safety information

USING THIS INSTRUCTION BOOKLET

You have just purchased a SAMSUNG microwave oven. Your Owner's Instructions contain valuable information on cooking with your microwave oven:

- Safety precautions
- Suitable accessories and cookware
- Useful cooking tips
- Cooking tips

LEGEND FOR SYMBOLS AND ICONS

WARNING — Hazards or unsafe practices that may result in **severe personal injury or death**.

CAUTION — Hazards or unsafe practices that may result in **minor personal injury or property damage**.

Warning; Fire hazard	Warning; Hot surface
Warning; Electricity	Warning; Explosive material
Do NOT attempt.	Do NOT touch.
Do NOT disassemble.	Follow directions explicitly.
Unplug the power plug from the wall socket.	Make sure the machine is grounded to prevent electric shock.
Call the service center for help.	Note
Important	

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IMPORTANT SAFETY INSTRUCTIONS

READ CAREFULLY AND KEEP FOR FUTURE REFERENCE.

Make sure that these safety precautions are obeyed at all times.

Before using the oven, confirm that the following instructions are followed.

⚠ WARNING (Microwave function only)

WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

WARNING: It is hazardous for anyone other than a competent person to carry out any service or repair operation that involves the removal of a cover which gives protection against exposure to microwave energy.

This appliance is intended to be used in household only.

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

WARNING: This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised.

Only use utensils that are suitable for use in microwave ovens.

When heating food in plasitic or paper containers, keep an eye on the oven due to the possibility of ignitions.

The microwave oven is intended for heating food and beverages. Drying of food or clothing and heating of warming pads, slippers, sponges, damp cloth and similar may lead to risk of injury, ignition or fire.

If smoke is emitted, switch off or unplug the appliance and keep the door closed in order to stifle any flames.

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- **WARNING:** Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.
- **WARNING:** The contents of feeding bottles and baby food jars shall be stirred or shaken and the temperature checked before consumption, in order to avoid burns.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended.
- The oven should be cleaned regularly and any food deposites removed.
- Failure to maintain the oven in a clean conditioin could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.
- The appliance is not intended for installing in road vehicles, caravans and similar vehicles etc.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- **WARNING:** Liquids and other foods must not be heated in sealed containers since they are liable to explode;
- The appliance should not be cleaned with a water jet.
- This oven should be positioned proper direction and height permitting easy access to cavity and control area.
- Before using the your oven first time, oven should be operated with the water during 10 minute and then used.

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- If the oven generates a strange noise, a burning smell, or smoke is emitted, unplug the power plug immediately and contact your nearest service center.
- The microwave oven has to be positioned so that plug is accessible.
- The microwave oven is intended to be used on the counter or counter top use only, the microwave oven shall not be placed in a cabinet.

⚠ WARNING (Oven function only) - Optional

- **WARNING:** When the appliance is operated in the combination mode, children should only use the oven under adult supervision due to the temperatures generated.
- During use the appliance becomes hot. Care should be taken to avoid touching heating elements inside the oven.
- **WARNING:** Accessible parts may become hot during use. Young children should be kept away.
- A steam cleaner is not to be used.
- **WARNING:** Ensure that the appliance is switched off before replacing the lamp to avoid the possibility of electric shock.
- **WARNING:** The appliance and its accessible parts become hot during use.
  Care should be taken to avoid touching heating elements. Children less than 8 years of age shall be kept away unless continuously supervised.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.
- The temperature of accessible surfaces may be high when the appliance is operating.

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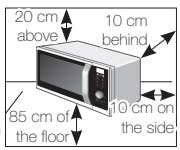
- The door or the outer surface may get hot when the appliance is operating.
- Keep the appliance and its cord out of reach of children less than 8 years.
- Appliances are not intended to be operated by means of an external timer or separate remote-control system.

INSTALLING YOUR MICROWAVE OVEN

Place the oven on a flat level surface 85 cm above the floor. The surface should be strong enough to safety bear the weight of the oven.

1. When you install your oven, make sure there is adequate ventilation for your oven by leaving at least 10 cm (4 inches) of space behind and, on the sides of the oven and 20 cm (8 inches) of space above.



2. Remove all packing materials inside the oven.
3. Install the roller ring and turntable. Check that the turntable rotates freely. (Turntable type model only)
4. This microwave oven has to be positioned so that plug is accessible.

- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
  For your personal safety, plug the cable into a proper AC earthed socket.
- Do not install the microwave oven in hot or damp surroundings like next to a traditional oven or radiator. The power supply specifications of the oven must be respected and any extension cable used must be of the same standard as the power cable supplied with the oven. Wipe the interior and the door seal with a damp cloth before using your microwave oven for the first time.

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CLEANING YOUR MICROWAVE OVEN

The following parts of your microwave oven should be cleaned regularly to prevent grease and food particles from building up:

- Inside and outside surfaces
- Door and door seals
- Turntable and Roller rings (Turntable type model only)

ALWAYS ensure that the door seals are clean and the door closes properly.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

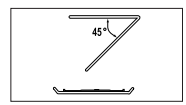
1. Clean the outside surfaces with a soft cloth and warm, soapy water. Rinse and dry.
2. Remove any splashes or stains on the inside surfaces of oven with a soapy cloth. Rinse and dry.
3. To loosen hardened food particles and remove smells, place a cup of diluted lemon juice in the oven and heat for ten minutes at maximum power.
4. Wash the dishwasher-safe plate whenever necessary.

DO NOT spill water in the vents. **NEVER** use any abrasive products or chemical solvents. Take particular care when cleaning the door seals to ensure that no particles:

- Accumulate
- Prevent the door from closing correctly

Clean the microwave oven cavity right after each use with a mild detergent solution, but let the microwave oven cool down before cleaning in order to avoid injury.

When cleaning the upper part inside the cavity, it will be convenient to turn heater downward by 45 ° and clean it.
(Swing heater model only)



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STORING AND REPAIRING YOUR MICROWAVE OVEN

A few simple precautions should be taken when storing or having your microwave oven serviced.

The oven must not be used if the door or door seals are damaged:

- Broken hinge
- Deteriorated seals
- Distorted or bent oven casing

Only a qualified microwave service technician should perform repair.

- **NEVER** remove the outer casing from the oven. If the oven is faulty and needs servicing or you are in doubt about its condition:
  - Unplug it from the wall socket
  - Contact the nearest after-sales service centre
- If you wish to store your oven away temporarily, choose a dry, dustfree place. **Reason :** Dust and damp may adversely affect the working parts in the oven.
- This microwave oven is not intended for commercial use.
- The Light bulb should not be replaced in person for safety reasons. Please contact nearest authorised Samsung customer care,to arrange for a qualified engineer to replace the bulb.

⚠ WARNING				
Only qualified staff should be allowed to modify or repair the appliance.	✓	✓	✓	✓
Do not heat liquids and other food in sealed containers for microwave function.	✓	✓	✓	✓
For your safety, do not use high-pressure water cleaners or steam jet cleaners.	✓	✓	✓	✓
Do not install this appliance; near heater, inflammable material; in a humid, oily or dusty location, in a location exposed to direct sunlight and water or where gas may leak; on un level ground.	✓	✓	✓	✓
This appliance must be properly grounded in accordance with local and national codes.	✓	✓	✓	✓
Remove all foreign substances such as dust or water from the power plug terminals and contact points using a dry cloth on a regular basis.	✓	✓	✓	✓
Do not pull or excessively bend or place heavy objecton the power cord.	✓	✓	✓	✓
In the event of a gas leak (such as propane gas, LP gas, etc.), ventilate immediately without touching the power plug.	✓	✓	✓	✓
Do not touch the power plug with wet hands.	✓	✓	✓	✓
Do not turn the appliance off by unplugging the power plug while an operation is in progress.	✓	✓	✓	✓

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Do not insert fingers or foreign substances, If any foreign substance such as water has entered the appliance, unplug the power plug and contact your nearest service centre.	✓	✓	✓	✓
Do not apply excessive pressure or impact to the appliance.	✓	✓	✓	✓
Do not place the oven over a fragile object such as a sink or glass object.	✓	✓		
Do not use benzene, thinner, alcohol, steam cleaner or high pressure cleaner to clean the appliance.	✓	✓	✓	✓
Ensure that the power voltage, frequency and current are the same as those of the product specifications.	✓	✓		✓
Plug the power plug into the wall socket firmly. Do not use a multiple plug adapter, an extension cord or an electric transformer.	✓	✓	✓	
Do not hook the power cord on a metal object, insert the power cord between the objects or behind the oven.	✓	✓	✓	
Do not use a damaged power plug, damaged power cord or loose wall socket. When the power plug or power cord is damaged, contact your nearest service centre.	✓	✓	✓	✓
Do not pour or directly spray water onto the oven.	✓	✓		
Do not place objects on the oven, inside or on the door of the oven.	✓	✓	✓	
Do not spray volatile material such as insecticide onto the surface of the oven.	✓	✓		
Do not store flammable materials in the oven. Take special care when heating dishes or drinks that contain alcohol as alcohol vapours may contact a hot part of the oven.	✓		✓	✓

Keep children away from the door when opening or closing it as they may bump themselves on the door or catch their fingers in the door.	✓	✓	✓	✓
WARNING: Microwave heating of beverages can result in delayed eruptive boiling,therefore care must be taken when handling the container; To prevent this situation ALWAYS allow a standing time of at least 20 seconds after the oven has been switched off so that the temperature can equalize. Stir during heating, if necessary, and ALWAYS stir after heating. In the event of scalding, follow these FIRST AID instructions: • Immerse the scalded area in cold water for at least 10 minutes. • Cover with a clean, dry dressing. • Do not apply any creams, oils or lotions.	✓	✓	✓	✓
Do not put the tray or rack in water shortly after cooking because it may cause breakage or damage of the tray or rack.				✓
Do not operate the microwave oven for deep fat frying because the oil temperature cannot be controlled. This could result in a sudden boil over of the hot liquid.	✓			✓
⚠ CAUTION				
Only use utensils that are suitable for use in microwave ovens; DO NOT use any metallic containers, Dinnerware with gold or silver trimmings, Skewers, forks, etc. Remove wire twist ties from paper or plastic bags. Reason: Electric arcing or sparking may occur and may damage the oven.	✓		✓	✓
Do not use your microwave oven to dry papers or clothes.	✓		✓	✓

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Use shorter times for smaller amounts of food to prevent overheating and burning food.	✓		✓	✓
Do not immerse the power cable or power plug in water and keep the power cable away from heat.	✓	✓		
Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens since they may explode, even after microwave heating has ended; Also do not heat airtight or vacuum-sealed bottles, jars, containers, nuts inshells, tomatoes etc.			✓	✓
Do not cover the ventilation slots with cloth or paper. They may catch fire as hot air escapes from the oven. The oven may also overheat and switch itself off automatically, and will remain off until it cools sufficiently.	✓		✓	
Always use oven mitts when removing a dish from the oven to avoid unintentional burns.			✓	
Stir liquids halfway during heating or after heating ends and allow the liquid stand at least 20 seconds after heating to prevent eruptive boiling.			✓	
Stand at arms length from the oven when opening the door to avoid getting scalded by escaping hot air or steam.			✓	
Do not operate the microwave oven when it is empty. The microwave oven will automatically shut down for 30 minutes for safety purposes. We recommend placing a glass of water inside the oven at all times to absorb microwave energy in case the microwave oven is started accidentally.	✓			✓
Install the oven in compliance with the clearances stated in this manual. (See installing your microwave oven.)	✓		✓	
Take care when connecting other electrical appliances to sockets near the oven.	✓	✓	✓	

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY. (MICROWAVE FUNCTION ONLY)

Failure to observe the following safety precautions may result in harmful exposure to microwave energy.

(a) Under no circumstances should any attempt be made to operate the oven with the door open or to tamper with the safety interlocks (door latches) or to insert anything into the safety interlock holes.

(b) Do NOT place any object between the oven door and front face or allow food or cleaner residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use first with a damp cloth and then with a soft dry cloth.

(c) Do NOT operate the oven if it is damaged until it has been repaired by a qualified microwave service technician trained by the manufacturer. It is particularly important that the oven door closes properly and that there is no damage to the:

(1) door (bent)

(2) door hinges (broken or loose)

(3) door seals and sealing surfaces

(d) The oven should not be adjusted or repaired by anyone other than a properly qualified microwave service technician trained by the manufacturer.

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Samsung will charge a repair fee for replacing an accessory or repairing a cosmetic defect if the damage to the unit and/or damage to or loss of the accessory was caused by the customer. Items this stipulation covers include:

(a) A dented, scratched, or broken door, handle, out-panel, or control panel.

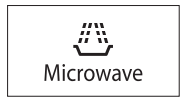
(b) A broken or missing tray, guide roller, coupler, or wire rack.

- Use this appliance only for its intended purpose as described in this instruction manual. Warnings and Important Safety Instructions in this manual do not cover all possible conditions and situations that may occur. It is your responsibility to use common sense, caution, and care when installing, maintaining, and operating your appliance.
- Because these following operating instructions cover various models, the characteristics of your microwave oven may differ slightly from those described in this manual and not all warning signs may be applicable. If you have any questions or concerns, contact your nearest service centre or find help and information online at www.samsung.com.
- This microwave oven is supposed for heating food. It is intended for domestic home-use only. Do not heat any type of textiles or cushions filled with grains, which could cause burns and fire. The manufacturer cannot be held liable for damage caused by improper or incorrect use of the appliance.
- Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possible result in a hazardous situation.

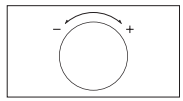
quick look-up guide

If you want to cook some food.

1. Place the food in the oven.
Select the power level by pressing the **Microwave** ( ) button one or more times.



2. Select the cooking time by turning the **dial knob** as required.

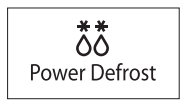


3. Press the **Start/+30s** ( ) button.

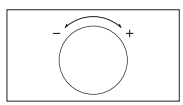
Result : Cooking starts. The oven beeps 4 times when cooking is over.

If you want to auto Power defrost some food.

1. Place the frozen food in the oven.
Press the **Power Defrost ( )** button once. Then the display shows “200”.



2. Select the weight by turning the **dial knob** as required.



3. Press the **Start/+30s** ( ) button.

If you want to add extra 30 seconds.

Leave the food in the oven.
Press **Start/+30s** ( ) one or more times for each extra 30 seconds that you wish to add.

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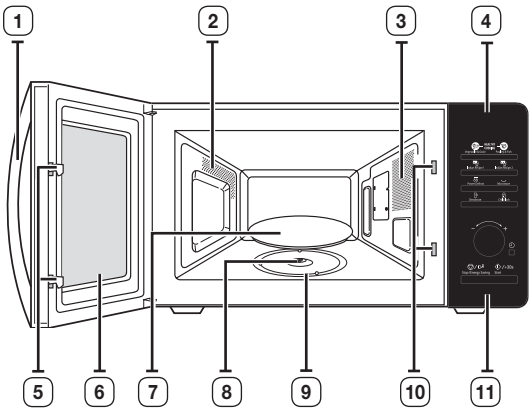
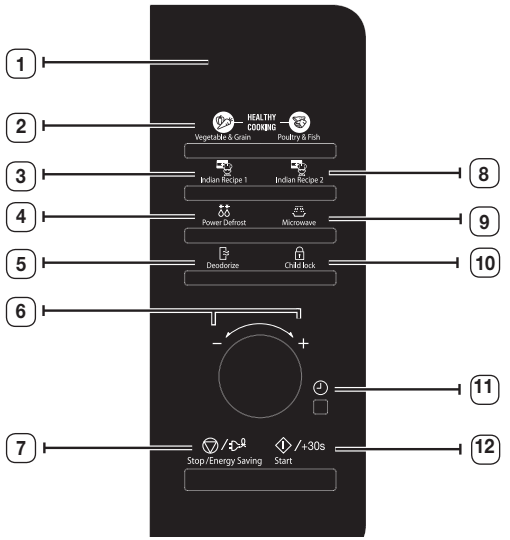
OVEN



1. DOOR HANDLE
2. VENTILATION HOLES
3. LIGHT
4. DISPLAY
5. DOOR LATCHES
6. DOOR
7. TURNTABLE
8. COUPLER
9. ROLLER RING
10. SAFETY INTERLOCK HOLES
11. CONTROL PANEL

CONTROL PANEL



1. DISPLAY
2. HEALTHY COOKING BUTTON
3. INDIAN RECIPE 1 BUTTON
4. POWER DEFROST BUTTON
5. DEODORIZE BUTTON
6. DIAL KNOB (WEIGHT/SERVING/TIME)
7. STOP/ENERGY SAVING BUTTON
8. INDIAN RECIPE 2 BUTTON
9. MICROWAVE BUTTON
10. CHILD LOCK BUTTON
11. CLOCK SETTING BUTTON
12. START/+30s BUTTON

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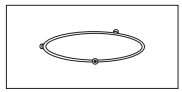
ACCESSORIES

Depending on the model that you have purchased, you are supplied with several accessories that can be used in a variety of ways.

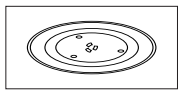
1. **Roller ring**, to be placed in the centre of the oven.

   Purpose : The roller ring supports the turntable.



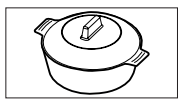
2. **Turntable**, to be placed on the roller ring with the centre fitting to the coupler.

   Purpose : The turntable serves as the main cooking surface; it can be easily removed for cleaning.



3. **Steam cooker,** see page 27 to 28.
   (Only MS23F301TF*, MS23F302TF* models)

   Purpose : The plastic steam cooker when using power steam function.



DO NOT operate the microwave oven without the roller ring and turntable.

oven use

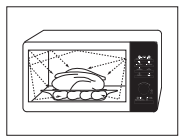
HOW A MICROWAVE OVEN WORKS

Microwaves are high-frequency electromagnetic waves; the energy released enables food to be cooked or reheated without changing either the form or the colour.

You can use your microwave oven to:

- Defrost
- Reheat
- Cook

Cooking Principle



1. The microwaves generated by the magnetron reflected at cavity and are distributed uniformly as the food rotates on the turntable. The food is thus cooked evenly.
2. The microwaves are absorbed by the food up to a depth of about 1 inch (2.5 cm). Cooking then continues as the heat is dissipated within the food.
3. Cooking times vary according to the container used and the properties of the food:
   - Quantity and density
   - Water content
   - Initial temperature (refrigerated or not)

As the centre of the food is cooked by heat dissipation, cooking continues even when you have taken the food out of the oven. Standing times specified in recipes and in this booklet must therefore be respected to ensure:

- Even cooking of the food right to the centre
- The same temperature throughout the food

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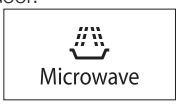
CHECKING THAT YOUR OVEN IS OPERATING CORRECTLY

The following simple procedure enables you to check that your oven is working correctly at all times.
Open the oven door by pulling the handle on the right side of the door.
Place a glass of water on the turntable. Then, close the door.

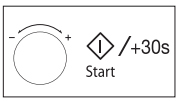
1. Press the **Microwave** (≋) button.

   Result : The 800 W (maximum cooking power) indications are displayed.



2. Set the time 4 to 5 minutes by turning the dial knob and press the **Start/+30s** (Start/+30s) button.

   Result: The oven light comes on and the turntable starts rotating.
   1) Cooking starts and when it has finished the oven beeps 4 times.
   2) The end reminder signal will beep 3 times (once every minute).
   3) The current time is displayed again.



The oven must be plugged into an appropriate wall socket. The turntable must be in position in the oven. If a power level other than the maximum is used, the water takes longer to boil.

SETTING THE TIME

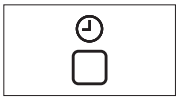
Your microwave oven has an inbuilt clock. When power is supplied, ":0", "88:88" or "12:00" is automatically displayed on the display.
Please set the current time. The time can be displayed in either the 24- hour or 12-hour notation. You must set the clock:

- When you first install your microwave oven
- After a power failure

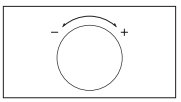
Do not forget to reset the clock when you switch to and from summer and winter time.

Auto energy saving function
If you do not select any function when appliance is in the middle of setting or operating with temporary stop condition, function is canceled and clock will be displayed after 25 minutes.
Oven Lamp will be turned off after 5 minutes with door open condition.

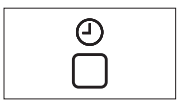
1. **To display the time in the...**
   24-hour notation.
   12-hour notation.
   Then press the **Clock** (🕘) button once or twice.



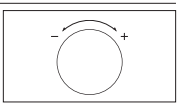
2. Turn the **Dial knob** to set the hour.



3. Press the **Clock** (🕘) button.

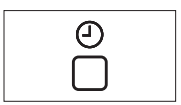


4. Turn the **Dial knob** to set the minute.



5. When the right time is displayed, press the **Clock** (🕘) button to start the clock.

   Result: The time is displayed whenever you are not using the microwave oven.

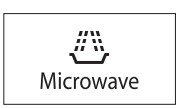


COOKING/REHEATING

The following procedure explains how to cook or reheat food.
ALWAYS check your cooking settings before leaving the oven unattended.
First, place the food in the centre of the turntable. Then, close the door.

1. Press the **Microwave** (≋) button.

   Result : The 800 W (maximum cooking power) indications are displayed:
   Select the appropriate power level by pressing the **Microwave** (≋) button again until the corresponding wattage is displayed. Refer to the power level table.



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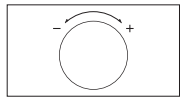
2. Set the cooking time by turning the **dial knob.**



Result : The cooking time is displayed.

3. Press the **Start/+30s** (Start/+30s) button.

Result : The oven light comes on and the turntable starts rotating.
   1) Cooking starts and when it has finished the oven beeps 4 times.
   2) The end reminder signal will beep 3 times. (once every minute)
   3) The current time is displayed again.

Never switch the microwave oven on when it is empty.

If you wish to heat a dish for a short period of time at maximum power (800 W), simply press the **Start/+30s** (Start/+30s) button once for each 30 seconds of cooking time. The oven starts immediately.

POWER LEVELS

You can choose among the power levels below.

Power level	Output
HIGH	800 W
MEDIUM HIGH	600 W
MEDIUM	450 W
MEDIUM LOW	300 W
DEFROST (❄)	180 W
LOW/KEEP WARM	100 W

If you select higher power level, the cooking time must be decreased.

If you select lower power level, the cooking time must be increased.

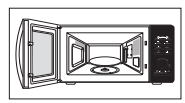
ADJUSTING THE COOKING TIME

You can increase the cooking time by pressing the **Start/+30s** (Start/+30s) button once for each 30 seconds to be added.

Press the **Start/+30s** (Start/+30s) button once for each 30 seconds to be added.

STOPPING THE COOKING

You can stop cooking at any time to check the food.



1. To stop temporarily;
   1) Open the door.

   Result : Cooking stops. To resume cooking, close the door and press **Start/+30s** (Start/+30s) again.

   2) Press the **Stop/Energy Saving** (/) button.

   Result : Cooking stops. To resume cooking, press **Start/+30s** (Start/+30s) again.

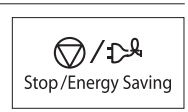
2. To stop completely;
   Press the **Stop/Energy Saving** (/) button.

   Result : The cooking stops. If you wish to cancel the cooking settings, press the **Stop/Energy Saving** (/) button again.

You can also cancel any setting before starting by simply pressing **Stop/Energy Saving** (/).

SETTING THE ENERGY SAVE MODE

The oven has an energy save mode. This facility saves electricity when the oven is not in use. Normal condition is standby mode and show clock when not using.



- Press the **Stop/Energy Saving** (/) button.
  Result : Display off.
- To remove energy save mode, open the door and then display shows current time. The oven is ready for use.

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USING THE DEODORIZE FEATURE

Use this feature after cooking odorous food or when there is a lot of smoke in the oven interior. First clean the oven interior.

Press the **Deodorizer** (⍐) button after you have finished cleaning. you will hear four beeps.

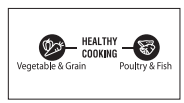
The deodorization time has been specified as 5 minutes. It increases by 30 seconds whenever the **Start/+30s** (Start / +30s) button is pressed.

The maximum deodorization time is 15 minutes.

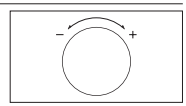
USING THE HEALTHY COOKING FEATURES

The Healthy Cooking Features has sixteen pre-programmed cooking times. You do not need to set either the cooking times or the power level. You can adjust the item of the serving by turning the **dial knob**.
First, place the food in the centre of the turntable and close the door.

1. Select the type of food that you are cooking by pressing the **Healthy Cooking** (Vegetable & Grain) or **Healthy Cooking** (Poultry & Fish) button once or more times.



2. Select the size of the serving by turning the **dial knob**. (Refer to the table on the side).



3. Press the **Start/+30s** (Start / +30s) button.

Result : Cooking starts. When it has finished.
1) The oven beeps 4 times.
2) The end reminder signal will beep 3 times (once every minute).
3) The current time is displayed again.

Use only recipients that are microwave-safe.

USING HEALTHY COOKING PROGRAMMES: VEGETABLES & GRAINS

The following table presents the 10 Healthy diet auto programmes for cooking vegetables or grains. It contains its quantities, standing times and appropriate recommendations. Programmes 1-10 are running with microwave energy only.

Code	Food	Portion (g)	Standing time (min.)	Recommendations
1	Broccoli	250 500	1-2	Rinse and clean fresh broccoli and prepare florets. Put them evenly into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 250 g, and add 60-75 ml (4-5 tablespoons) for 500 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking.
2	Carrots	250	1-2	Rinse and clean carrots and prepare even slices. Put them evenly into a glass bowl with lid. Add 30 ml (2 tablespoons) water when cooking for 250 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking.
3	Green Beans	250	1-2	Rinse and clean green beans. Put them evenly into a glass bowl with lid. Add 30 ml (2 tablespoon) water when cooking 250 g. Put bowl in the centre of turntable. Cook covered. Stir after cooking.
4	Spinach	150	1-2	Rinse and clean spinach. Put into a glass bowl with lid. Do not add water. Put bowl in the centre of turntable. Cook covered. Stir after cooking.
5	Corn on the cob	250 (1 pcs)	1-2	Rinse and clean corn on the cobs and put into an oval glass dish. Cover with microwave cling film and pierce film.

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Code	Food	Portion (g)	Standing time (min.)	Recommendations
6	**Peeled Potatoes**	250 500	2-3	Wash and peel the potatoes and cut into a similar size. Put them into a glass bowl with lid. Add 45-60 ml (3-4 tablespoons) water. Put bowl in the centre of turntable. Cook covered.
7	**Brown Rice** (parboiled)	125	5-10	Use a large glass ovenware dish with lid. Add double quantity of cold water (250 ml). Cook covered. Stir before standing time and add salt and herbs.
8	**Wholemeal Macaroni**	125	1	Use a large glass ovenware dish with lid. Add 500 ml hot boiling water, a pinch of salt and stir well. Cook uncovered. Stir before standing time and drain thoroughly afterwards.
9	**Quinoa**	125	1-3	Use a large glass ovenware dish with lid. Add double quantity of cold water (250 ml).Stir before standing time and add salt and herbs.
10	**Bulgur**	125	2-5	Use a large glass ovenware dish with lid. Add double quantity of cold water (250 ml). Cook covered. Stir before standing time and add salt and herbs.

USING HEALTHY COOKING PROGRAMMES: POULTRY & FISH

The following table presents the 6 Healthy diet auto programmes for cooking poultry and fish, its quantities, standing times and appropriate recommendations. Programmes 1-6 are running with microwave energy only.

Code	Food	Portion (g)	Standing time (min.)	Recommendations
1	**Chicken Breast**	300 (2 pcs)	2	Rinse pieces and put on a ceramic plate. Cover with microwave cling film. Pierce film. Put dish on turntable.
2	**Turkey Breast**	300 (2 pcs)	2	Rinse pieces and put on a ceramic plate. Cover with microwave cling film. Pierce film. Put dish on turntable.
3	**Fresh Fish fillet**	300 (2 pcs)	1-2	Rinse fish and put on a ceramic plate, add 1 tablespoon lemon juice. Cover with microwave cling film. Pierce film. Put dish on turntable.
4	**Fresh Salmon Filet**	300 (2 pcs)	1-2	Rinse fish and put on a ceramic plate, add 1 tablespoon lemon juice. Cover with microwave cling film. Pierce film. Put dish on turntable.
5	**Fresh Prawns**	250	1-2	Rinse prawns on a ceramic plate, add 1 tablespoon lemon juice. Cover with microwave cling film. Pierce film. Put dish on turntable.
6	**Fresh Trout**	200 (1 fish)	2	Put 2 fresh whole fish into an ovenproof dish. Add a pinch salt, 1 tablespoon lemon juice, and herbs. Cover with microwave cling film. Pierce film. Put dish on turntable.

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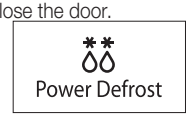
USING THE AUTO POWER DEFROST FEATURE

The Auto Power Defrost feature enables you to defrost meat, poultry, and fish. The defrost time and power level are set automatically.
You simply select the programme and the weight.

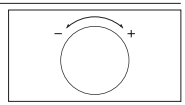
Use only dishes that are microwave-safe.

First, place the frozen food in the centre of the turntable and close the door.

1. Press the **Power Defrost** (**) button once. Then the display shows “200” (Refer to the table below).



2. Set the weight of food by turning the **dial knob**. It is possible to set up to a maximum of 1500 g.



3. Press the **Start/+30s** (Start/+30s) button.

Result :

- Defrosting begins.
- The oven beeps half way through defrosting to remind you to turn the food over.
- Press (Start/+30s) button again to finish defrosting.

You can also defrost food manually. To do so, select the microwave cooking/reheating function with a power level of 180 W. Refer to the section entitled “Cooking/Reheating” on page 14,15 for further details.

USING THE AUTO POWER DEFROST PROGRAMMES

The following table presents the various Auto Power Defrost programmes, quantities, standing times and appropriate recommendations.
Remove all kinds of package material before defrosting. Place meat, poultry, and fish on a ceramic plate.

Food		Serving size (g)	Standing time (min.)	Recommendations
	Meat	200-1500	15-60	Shield the edges with aluminium foil. Turn the pieces over, when the oven beeps. This programme is suitable for meat such as steaks, chops or minced meat, chicken pieces, whole chicken or fish fillets.
	Poultry			
	Fish			

Select the Manual Defrosting function with a power level of 180 W if you want to defrost food manually. For further details on manual defrosting and defrosting time, refer to the page 34 to 35.

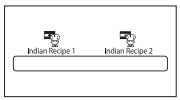
USING THE AUTO INDIAN RECIPE FEATURES

The **Auto Indian Recipe** (Indian Recipe) features include/provide pre-programmed cooking times. You do not need to set either the cooking times or the power level.
You can adjust the item of the serving by turning the dial knob.

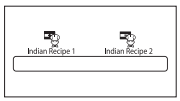
Use only recipients that are microwave-safe.

Open the door. Place the food in the centre of the turntable. Close the door.

1. Press the **Indian Recipe 1** (Indian Recipe 1) or **Indian Recipe 2** (Indian Recipe 2) button.

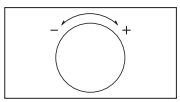


2. Select the category of food that you are cooking by pressing the **Indian Recipe 1** (Indian Recipe 1) or **Indian Recipe 2** (Indian Recipe 2) button. Refer to the table on the following page for a description of the various preprogrammed settings.



- Press Indian Recipe 1 (Indian Recipe 1) Button Once : 1.
- Press Indian Recipe 1 (Indian Recipe 1) Button Twice : 2.
- Press Indian Recipe 2 (Indian Recipe 2) Button Once : 1.
- Press Indian Recipe 2 (Indian Recipe 2) Button Twice : 2.

3. Select the item of food by turning the **dial knob**.



4. Press the **Start/+30s** (Start/+30s) button.

Result : The food is cooked according to the preprogrammed setting selected.

- When cooking has finished, the oven will beep and flash “0” four times. The oven will then beep one time per minute.

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USING THE AUTO INDIAN RECIPE PROGRAMMES

The following table presents 4 Auto Indian Recipe feature/Cook Programmes, quantities, Ingredients and appropriate recommendations.

1. INDIAN'S BEST (Press Indian Recipe 1 (Indian Recipe 1) Button Once : 1.)

Code	Food	Serving Size	Ingredients
1	Chicken Biryani	700 - 750 gm	Boneless Chicken - 250 g, Rice - 250 g, Fried Onion - 2, Tomato Puree - 4 tbs, Garlic Paste - 1 tbs, Ginger Paste - 1 tbs, Red Chili Powder - 1 tbs, Black Pepper Powder - 1 tbs, Turmeric - ½ tbs, Cloves - 3~4, Bay Leaves - 2~3, Cardamom - 1, Green Cardamom - 2, Whole Black Pepper - 4~5, Cinnamon Stick - ½, Oil - 4 tbs, Coriander to garnish, Water - 500 ml
		< Recommendations >	
		Mix all the ingredients in rice container and stir well. Serve hot with vegetable raita or gravy.	
2	Shahi Paneer	100 -150 gm	Cottage Cheese - 100 gm, Tomato Puree - 2 tbs, Pure Ghee - 1 ½ tbs, Garam Masala - ½ tbs, Green Cardamom Powder - ¼ tbs, Cumin Seeds - ½ tbs, Salt - to taste, Tomato ketchup - 2 tbs, Fresh Cream - 1 tbs, Dry Fenugreek leaves - ¼ tbs, Water - 6 tbs
		< Recommendations >	
		In a microwave safe glass bowl cut cottage cheese in 1 inch cubes add all the ingredients mix well, cook and serve hot with assorted Indian bread.	
3	Rismis Matar Paneer	150 - 200 gm	Cottage Cheese - 100 gm (diced), Peas - 50 gm (frozen), Cream - 1 tbs, Garam Masala - ½ tbs, Tomato Puree - 50 gm, Coriander Powder - ½ tbs, Tomato Ketchup - 1 tbs, Pure Ghee - 1 tbs, Water - ¼ cup
		< Recommendations >	
		In a microwave safe glass bowl mix all the ingredients and mix well. Cook and serve hot with assorted Indian breads.	
4	Gajar ka Halwa	500 - 550 gm	Carrot - 500 gm, Milk -1 ½ Cup, Sugar - 80 gm, Khoya -100 gm, Desi Ghee - 2 tbs, Chopped Nuts -2 Tbs
		< Recommendations >	
		In a microwave safe glass bowl add grated carrot and all the ingredients. Cook and serve hot with cold and fresh cream.	
5	Chicken Cofta Curry	400 - 450 gm	Minced Chicken - 400 gm, Ginger Chopped - ½ inch, chopped, Fresh Coriander - ½ cup, Salt - to taste, Fried onion paste - 2 tbs, Ginger Garlic paste - 1 tbs, Oil - 3 tbs, Red chili powder - 1 ½ tbs, Coriander powder - 1 ½ tbs, Turmeric - ¼ tbs, Cashew Nut Paste - 2 tbs, Water - ½ cup
		< Recommendations >	
		In a bowl add minced chicken, chopped ginger, fresh coriander, salt and make small balls of the mixture. In another bowl add fried onion paste, ginger garlic paste, 1 tbs oil and chicken balls than marinate for 20 minutes. In a microwave safe glass bowl add tomato puree, red chilli powder, coriander powder, turmeric, cashew nut paste, salt, oil, water and marinated chicken balls and cook for 8 minutes on microwave mod and garnish with coriander leaves. Note :Cover with clear foil and make h holes to release steam.	
6	Amritsari Fish	600 - 650 gm	Fish - 500 gm / Curd - 2 tbs, Coriander Powder - 2 tbs, Ginger Garlic Paste - 2 tbs, Dried Mango Powder - 2 tbs, Cumin Powder - 2 tbs, Red Chilli Powder - 2 tbs, Chicken Colour - one pinch, Onion - ½ cup Chopped, Tomato - ½ cup chopped, Oil - 1 tbs, Water - 4 to 5 tbs, Salt - to taste
		< Recommendations >	
		Marinate fish with curd, Ginger Garlic paste, Red chili powder, salt. Grease a flat dish add tomato, onion and all spices, place the fish pieces over it and cover the dish with a clear foil and make small holes to release steam.	

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Code	Food	Serving Size	Ingredients
7	Maharani Dal	100 - 120 gm	Moong dhuli (Yellow lentils) - ½ Cup, Water - 1 Cup, Ginger Paste - 1 tbs, Oil - 1 tbs Salt - to taste, Turmeric Powder - ¼ tbs, Red Chili Powder - ¼ tbs, Dry Mango Powder - ½ tbs, Coriander Powder - ½ tbs, Curry Leaves - 3 to 4, Whole Green Chilies Slit - 1 to 2
		< Recommendations >	
		In a microwave safe glass dish add all the ingredients and cover it with clear foil. Make a hole to release the steam and cook and serve hot.	
8	Goan Fish Curry	600 - 650 gm	Pomfret - ½ kg, Cumin Seeds - 1 tbs, Coriander Seeds - 1 tbs, Coconut scraped - ½ Cup, Ginger Paste - 1 tbs, Garlic Paste - 1 tbs, Tamarind - lemon sized ball, Oil - 4 tbs, Fried Onion - 2 medium, Tomato Puree - 4 tbs, Red Chilies - 3 to 4, Green Chilies - 3 to 4, Salt - to taste, Water - 200 ml
		< Recommendations >	
		Clean wash and cut fish into pieces. Dry roast cumin seeds, coriander seeds & whole red chilies, make a fine paste of all the roasted spices along with coconut, ginger, garlic and tamarind and fried onions. In a microwave safe glass bowl mix all the ingredients add salt to taste and ½ cup water cover with clear foil make a small hole to release steam and cook. Serve hot with steam rice.	
9	Banarasi Kheer	100 - 150 gm	Milk - 200 gm, Boiled rice - ⅓ Cup (crushed), Condensed Milk - 4 tbs, Cardamom Powder - ¼ tbs, Kewra Essence - 2 drops, Badam paste - 1 tbs, Cottage Cheese - ½ Cup (grated), Saffron - 4 strings, Pista - to garnish
		< Recommendations >	
		In a microwave safe glass bowl mix all the ingredients and cook for 18 minutes on microwave mod at 600 w power and chill for 1 hour. Garnish with Chopped Pistachio and serve chilled.	

Code	Food	Serving Size	Ingredients
10	Laziz Bhindi	220 gm	Okara - 250 gm, Tomato - 1, Green Chili - 1, Onion - 1 medium, Chaat Masala - ½ tbs, Garam Masala - ¼ tbs, Sunflower Oil - ¼ tbs, Salt - to taste, Garlic paste - to taste, Optional Degi Mirch - ½ tbs
		< Recommendations >	
		Slit okara from the middle and keep aside. Blend onion, tomato, green chili and garlic paste in to a fine paste add salt, chaat masala, Garam Masala, Oil and degi mirch remove the extra juice of tomatoes, make it a thick paste. Fill okara with paste and place it in a flat microwave safe dish and cover it with clear foil and make a small hole to release the steam. Cook and leave for standing time for 3 times.	

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Code	Food	Serving Size	Ingredients
11	Steamed chicken with coriander filling	1,000 gm	Chicken(roasting, 1.4kg) - 1b ,onion(medium) - 2 turnip(small) - 4 ,carrot(medium) - 6 virgin olive oil - 1 tbs ,peeled zest of lemon - 1 chicken stock - 1/2 pint (285ml) for the stuffing tomato - 4 oz (115g) mushrooms - 2 oz (50g) whole meal breadcrumbs - 3 oz (75g) coriander(chopped) - 3tbs freshly ground black pepper, lemon juice - 1 tbs chicken stock - 3tbs.
			< Recommendations >
			1. Skin the tomatoes by plunging them into boiling water for 30 seconds and then into cold water for 1 minute. The skins should peel away very easily. De-seed the tomatoes and roughly chop them. Finely chop the mushrooms. 2. To make the stuffing, place the breadcrumbs in a basin with the tomatoes, mushrooms and coriander. Season with black pepper, and then bind with the lemon juice and the chicken stock. Remove any excess fat from inside the bird, then stuff the bird with the breadcrumb mixture. 3. Peel and quarter the onions and turnips and peel and roughly chop the carrots. Heat the olive oil in a large saucepan and fry the onions, turnips and carrots gently for about 5 minutes. Add the lemon zest and the chicken stock. 4. Place the chicken on a steam bowl and place chicken stock under the steam bowl rack. Place it carefully so that sets well without touching the stock or vegetables. 5. Cover it tightly, Microwave for 35 minutes. Until the juices from the chicken thigh are quite clear when it is skewered. 6. Lift the chicken onto a serving dish. Remove the vegetables from the saucepan with a draining spoon and arrange them around the chicken. Serve the juices separately in a jug.

Code	Food	Serving Size	Ingredients
12	Moong Dal Khichadi	400 - 450 gm	Rice - 1 cup sprouted moong dal - 1 cup asafoetida - 2 pinches turmeric powder - ¼ tbs ghee - 2 tbs to be mixed in masala mixture : coriander and cumin seed powder - 2 tbs sugar - 2 tbs chilli powder - 1 tbs grated fresh coconut - 2 tbs asafoetida - one pinch salt to taste.
			< Recommendations >
			Wash the rice and drain. Wash the moong dal sprouts and drain. Put the ghee in a glass bowl and microwave on high for about 30 seconds. Add the rice, moong sprouts, asafoetida, turmeric powder, Masal Mixture and 2 ½ cup of water. Cover and microwave on high for about 18 min, stirring in between after every 5 min. Serve hot.

2. NUTRITION (Press Indian Recipe 1 (Indian Recipe 1) Button Twice : 2.)

Code	Food	Serving Size	Ingredients
1	Pineapple Stir Fry Salad	500 - 550 gm	Canned Pineapple - ½ Cup (Diced) ,Fresh Pineapple Juice - ½ Cup (Blanched & Diced) ,Carrot - ½ Cup (Blanched & Diced) ,Zucchini - ½ Cup (Blanched & Diced) ,Baby Corns - ½ Cup (Blanched & Diced) ,Beans Sprouts - ½ Cup (Blanched & Diced) Cabbage - ½ Cup (shredded) Red & Yellow Bell Pepper - ½ Cup (diced) Spring Onion (white part) - ½ Cup (sliced) Spring Onion (Green part) - ½ Cup (chopped) Oil - 2 tbs Soya Sauce - 2 tbs Red chili flakes - 1 tbs Powdered Sugar - 1 tbs Salt - to taste
			< Recommendations >
			Mix all and cook
2	Vegetable Hariyali	300 - 320 gm	Carrot - ¼ cup, French Beans - ¼ cup, Cauliflower - ¼ cup,Peas - ¼ cup Baby Corns - ¼ cup Coriander - ½ cup Garlic - 1 tbs Green Chilies - 1 tbs Coconut Milk - ½ cup Milk - 2 tbs Butter - 1 tbs Oil - 1 tbs Lemon Juice - ½ tbs Salt - to taste.
			< Recommendations >
			In a bowl add boiled vegetables and mix all the ingredients except salt & lemon. Add lemon & salt at serving time

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Code	Food	Serving Size	Ingredients
3	Lemon Chicken	210 gm	Boneless chicken - 200 gm (cubes) , Roasted Coriander seeds crushed - 2tbs , Chili Flakes - 1 tbs,Oil - 2 tbs , Lemon Juice - 5 tbs ,Onion - 1 (rings) , Salt - to taste.
		< Recommendations >	
		In a bowl mix all and cook and garnish with fresh mint leaves.	
4	Chicken Mix Herbs	200 gm	Boneless chicken - 200 gm , Mix Herbs -1 tbs , Lemon - 1 tbs Salt - to taste , Black pepper crushed - 1 tbs Oil - 1 tbs.
		< Recommendations >	
		Mix all in a microwave safe container and cook and garnish with fresh mint leaves	
5	Fish Sillepe	150 gm	Fish - 150 gm Butter - 1 tbs , Ginger Garlic Paste - 1tbs Coriander Powder - 2 tbs Dried Mango Powder - 1 tbs Salt - to taste Garam Masala - ½ tbs Cumin Powder - 1 tbs.
		< Recommendations >	
		Marinate fish with all the above mentioned ingredients for 15 minutes. In a Glass dish cook on microwave mod and serve hot.	
6	Garlic Green Fish	600 gm	Fish - ½ kg , Ginger - ½ inch long , Garlic - 8 to 10 cloves , Green Chilies - 2 to 3 , Coriander - 1 ½ cup Onion , 1 (big) Turmeric , 1 tbs Dried mango , powder - 1 tbs , Cumin powder - 1 tbs , Coriander powder - 1 tbs , Oil - 1 tbs.
		< Recommendations >	
		Grind Coriander, garlic, green chili and onion make a fine paste and add turmeric, dried mango powder, cumin powder and coriander powder and sauté with 1 tbs oil. Marinate the fish for 2 hours with above mentioned paste. Cook the fish in a covered microwave safe container for 9:30 minutes and serve hot.	

Code	Food	Serving Size	Ingredients
7	Dry Lentils	550 gm	Urad Dhuli - ¼ Cup,Water - ¾ Cup (150 ml),Ginger Paste - ½ tbs,Oil - ½ tbs,Salt - to taste,Turmeric - ¼ tbs,Red Chili Powder - ¼ tbs,Dry Mango Powder - ¼ tbs,Coriander powder - ¼ tbs,Green Chili - 1 slit,Fresh coriander to garnish.
		< Recommendations >	
		Put all the ingredients in microwave safe glass bowl cover with clear foil and make small hole to release steam. Cook on microwave mod and leave for 3 minutes standing time and serve hot.	
8	Steamed Vegetables	200 gm	Mix Vegetables - 1 cup (peas, cauliflower, carrot, Beans, Sweet corns etc),Lemon Juice - 1 tbs,Black Pepper - ½ tbs,Rock Salt - ½ tbs,Salt - as required,Water - ½ cup.
		< Recommendations >	
		Pour water in the power steam bowl and place the vegetables on strainer, cover and cook for 6 minutes at microwave mod. Add all the ingredients and serve hot.	
9	Fettuccine with Pumpkin	250 gm	Green Fettuccine - 3 Bunches,Pumpkin - 1 ½ cup chopped, Butter - 2 tbs,Oregano - 1 tbs,Milk - ½ cup,Cream - 1 tbs,Onion - half (sliced),Pepper - ½ tbs,Nutmeg - ½ tbs (grated),Parsley - 1 tbs,Red chili flakes - ¼ tbs,Salt - to taste.
		< Recommendations >	
		In a microwave safe glass bowl add boiled fettuccine and pumpkin puree with all the ingredients and cook and sprinkle grated nutmeg.	
10	Bow with walnut sauce	400 - 500 gm	Bow Pasta - 1 ½ cup (boiled),Walnut - ¼ cup,Butter - 2 tbs,Basil - ½ cup,Onion - 1 chopped,Tomato - 1,Thin Cream - ¼ cup,Cheddar Cheese - 4 tbs (grated),Milk - ¼ cup,Pepper - ¼ tbs,Salt - to taste.
		< Recommendations >	
		Grind the walnuts with a little water, in to a smooth paste. Mix all the ingredients in a dish and cook and serve hot.	

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Code	Food	Serving Size	Ingredients
11	Chana Chaat	400 - 450 gm	Butter - 1 tbs,Cumin Seeds - 1/2 tbs,Boiled Kabuli Chana - 1 cup,Boiled Potato - 1 cup,Cottage Cheese - ½ cup,Chopped tomatoes - ½ cup,Mint and Coriander sweet n sour chutney - ¼ cup,Salt - to taste,Lemon Juice - ½ tbs,Chopped Coriander - 2 tbs.
		< Recommendations >	
		Mix all in a microwave safe bowl and except lemon juice and fresh coriander. Cook on microwave mod add lemon juice and coriander before serving.	
12	Nutritious Noodles	500 - 550 gm	Boiled Rice Noodles - 200 g,Oil - 1 tbs,Garlic paste - 2 tbs,Chopped Spring Onions - 1/4 cup,French Beans - ¼ cup,Carrot Julian - ¼ cup,Sliced Mushrooms - ¼ cup,Blanched Bean Sprouts - ¼ cup,Roasted Peanuts - ¼ cup,Soya Sauce - 2 tbs,Sugar - 1 tbs,Lemon Juice - 1 tbs,Salt - to taste,Black Pepper - to taste.
		< Recommendations >	
		Mix all in a microwave safe glass bowl except lemon juice. Cook and add lemon juice to serve.	
13	Semiya Upma	500 - 550 gm	Roasted Semiya - 1 cup,Roasted Peanut - 1/2 cup,Oil - 1 tbs,Mustard Seeds - ½ tbs,Curry Leaves - 4 to 5,Fresh scraped coconut - ¼ cup,Salt & Pepper - to taste.
		< Recommendations >	
		Add everything in a glass bowl and cook. Serve hot with coconut chutney.	
14	Chicken Kali Mirch	200 - 250 gm	Boneless Chicken cubes - 1 cup,Cream - 4 tbs,Milk - 3 tbs,Oil - 2 tbs,Salt to taste,To be ground to a paste : Chopped Onion - ½ cup,Cashew nuts - 3 tbs,Chopped Garlic - ½ tbs,Ginger - ½ tbs,peppercorns - 2 tbs,Cream for garnishing.
		< Recommendations >	
		Add everything in a bowl and cook for 11 minutes. Garnish with fresh cream and serve hot.	
15	Quick Bread & Butter Pudding with tangy Sauce	400 - 450 gm	Fresh Bread Slices - 2 Milk - 2cups , Sugar - 10 tbs Vanilla Essence - 5~6 drops, Butter - 4tbs,For the Sauce,Marmalade - 4 tbs,Lemon juice - 5~6 drops.
		< Recommendations >	
		Grease a shallow dish and place the bread slices. Mix Milk, Sugar and essence and pour it over the bread and top with remaining butter. Cook for 5 minutes and keep aside. Mix marmalade and lemon juice together and pour over the pudding and serve.	

3. BRUNCH (Press Indian Recipe 2 (Indian Recipe 2) Button Once : 1.)

Code	Food	Serving Size	Ingredients
1	Sweet & sour rice with chicken	500 – 550 gm	Cooked rice - 2 cups,Chopped Parsley - 1 ½ cup,oil - 3 tbs,Sugar - 1 tbs,Vinegar - 1 tbs,Tomato sauce - 5 tbs,Salt & pepper to taste,Capsicum - 1 (thinly sliced),Tomato - 1 (sliced),Onion - 1 (thinly sliced).
		< Recommendations >	
		Mix everything in a microwave safe container and cook and serve hot	
2	Speghatti Verdi	800 - 850 gm	Cooked Spaghetti - 3 cups,Spinach leaves - 4 cups,Spring onion - 1 cup,Garlic - 3 cloves,Red Pepper - ½ cup,Cheese spread - ½ cup,Milk - 1 ½ cups,Butter - 3 tbs,salt & pepper to taste
		< Recommendations >	
		Combine all in Microwave safe glass bowl and cook.	
3	Maggie	200 gm	Maggie - 1 packet , Water - 2 cups
		< Recommendations >	
		Crush the Maggie and add taste maker and water. Cook for 8:30 minutes at microwave mod.	

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Code	Food	Serving Size	Ingredients
4	**Poha**	220 - 250 gm	Flaked Rice (Poha) - 200 gm,Onion - 1 (chopped),Boiled Peas - ½ Cup ,Green chilies - 2 to 3 (chopped) ,Curry Leaves - 5 to 6 ,Mustard Seeds - 1 tbs ,Oil - ½ tbs ,Asafetida (hing) - 1 pinch ,Turmeric - ¼ tbs ,Roasted Peanuts - 1 tbs,Roasted Almonds - 1 tbs ,Pepper - 1 tbs ,Salt - to taste.
		< Recommendations >	
		Wash flaked rice under running water thoroughly. Keep aside for ten minutes. In a container mix all the ingredients well and cover it with clear foil, make a small hole to release steam. Cook and serve hot with mint chutney.	
5	**Oat Daliya**	100 - 120 gm	Daliya (Cracked Wheat) - ¼ Cup (Soaked in water for at least 1 hour) ,Oats - ¼ Cup ,Boiled Peas - ¼ Cup / Oil - 2 tbs ,Green Chili - 1 (deseeded) ,Small Potato - 1 (finely chopped in to thin pieces) ,Black Pepper Powder - ¼ tbs (crushed),Ginger - 1 tbs (finely chopped) ,Bay Leaf - 1 ,Green Cardamom - 1 (crushed) ,Turmeric Powder - ¼ tbs ,Red Chili Powder - ¼ tbs ,Lemon Juice - 1 ½ tbs,Coriander - 2 tbs ,Garam Masala - ¼ tbs ,Water - ½ cup / Salt - to taste.
		< Recommendations >	
		In a microwave safe glass bowl mix all the ingredients and cover it with a lid keep it slightly open to release steam. Serve hot with Mint Chutney. Keep it for 3 minutes as standing time.	
6	**Hakka Noodles**	300 - 350 gm	Hakka Noodles - ¼ Packet ,Oil - 2 tbs ,Cabbage - ¼ cup ,Onion - ¼ Cup Sliced ,Capsicum - ¼ Cup Sliced ,Carrot Julian - ¼ Cup ,Soya Sauce - 1tbs ,Ajinomoto - ¼ tbs ,Salt - to taste ,White Vinegar - ½ tbs.
		< Recommendations >	
		In a microwave safe glass dish add boiled hakka noodles and all the ingredients except vinegar. Cook on microwave mod, add vinegar serve hot.	

Code	Food	Serving Size	Ingredients
7	**Sun Dried Tomato Risotto**	400 – 500 gm	Rice - 1cup,Garlic - 2 cloves,Onion - 1(chopped),White wine - ½ cup,Seasoning cube - 1 cup,Broccoli - 1 cup,Sun dried tomatoes - ¼ cup,Oregano - 1 tbs,Chilli Flakes - 1 tbs,Grated Cheese - ¼ cup,Cream - 4 tbs,Butter - 2tbs,Salt - to taste.
		< Recommendations >	
		Add everything in rice container and cook for 17 minutes on microwave mod.	
8	**Omelet**	1 pcs	Egg - 2 ,Chopped Onion - ½ tbs ,Chopped Capsicum -½ tbs ,Chopped Mushroom - ½ tbs ,Grated Cream Cheese - ½ tbs ,Salt - to taste ,Black Pepper powder - ¼ tbs ,Oil - 2 tbs.
		< Recommendations >	
		Whisk egg till it becomes fluffy and all the ingredients mix well. Grease the microwave safe glass dish evenly and spread the mixture evenly. Cook for 2 minutes on microwave mod and serve hot.	
9	**Veggie Idli**	15 to 20	Semolina - 100 gm ,Curd - 200 gm ,Capsicum - ¼ Cup (fine chopped) ,Onion - ¼ Cup (fine chopped) ,Tomatoes - ¼ Cup (Fine chopped) ,Salt - to taste,Regular Eno - 1 ½ tbs ,Curry Leaves - 3 to 4 ,Mustard Seeds - ½ tbs ,Oil - for greasing ,Water - for steaming.
		< Recommendations >	
		Mix all the ingredients in a bowl, make the batter of dropping consistency. Grease the moulds and fill with batter. Pour ½ cup water in rice container and place the idli stands. Cook and serve hot with coconut chutney.	
10	**Stir Fry Baby Corns**	250 – 300 gm	Baby Corns - 200 gm,Capsicum - 1 (fingered),Onion - 1 large (sliced),Tomato - 1 (fingered),Green Cardamom - 2 (crushed),Ajwain (carom seeds) - ¼ tbs,Turmeric - ¼ tbs,Garam Masala - ¼ tbs,Chili Powder -¼ tbs,Salt - to taste,Oil - 2 tbs.
		< Recommendations >	
		Mix all and cook for 6 minutes.	

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Code	Food	Serving Size	Ingredients
11	Nutty rice salad	750 – 800 gm	Roasted pine nuts (roasted) - 1/4 cup,cooked brown rice - 3 cups (takes about 30 minutes),Carrot (chopped) - 1,Red pepper (deseeded and chopped) - 1,Small mushroom (sliced) - 200gm,Can corn kernels (drained) - 10gm,Lemon juice - 2 tbs,Sweet fruit chutney - 2 tbs,Oil(any mild-tasting oil) - 1 tbs,Curry powder - 2 tbs (or to taste).
		< Recommendations >	
		Combine rice, pine nuts and the remaining ingredients in a bowl and mix well. Cook for 4 minutes.	
12	Broccoli Delight	500 - 550 gm	Broccoli - 300 g (blanched),Oil - 1 tbs,Salt - to taste,Garlic - 6 - 8 cloves,Prawns - 20 (medium size),Oyster sauce - 1 tbs,Fish Sauce - 1 tbs,Sugar - 1 tbs,Chicken Stock - ½ cup.
		< Recommendations >	
		Mix everything and cook for 8 minutes.	
13	Pasta Salad	250 - 300 gm	Boiled Bow Pasta - ½ cup ,Broccoli - ¼ cup ,Chopped Pineapple - ¼ cup ,Chopped black grapes - ¼ cup ,Shredded Cabbage - 2 tbs ,Corns - 2 tbs ,Carrot Julian - 2 tbs ,Almonds - 2 tbs ,Salt and pepper - to taste.
		< Recommendations >	
		Add all the ingredients except, Pineapple and grapes. Cook and add pineapple and grapes and serve.	

4. CAFETERIA (Press Indian Recipe 2 (Indian Recipe 2) Button Twice : 2.)

Code	Food	Serving Size	Ingredients
1	Dhokla	300 - 350 gm	Bengal Gram Flour - 250 gm, Semolina - 60 gm, Salt - to taste, Regular Eno - 1 tbs, Mustered Seeds - ¼ tbs, Curry Leaves - 3 to 4
		< Recommendations >	
		In a bowl mix all the ingredients with light hand and in one direction to pump up the air in the batter. Pour the batter in a microwave safe container greased with cooking oil and put curry leaves on the top. Cook for 4 minutes on microwave mod and serve.	
2	Beans Square	8 pcs	Cream Cracker Biscuits - 8 ,Grated cheese - ½ cup ,Canned Kidney Beans - 50 gm ,Tomato Ketchup - 2 tbs ,Red chili powder - ¼ tbs ,Green Chillies - 2 ,Oregano - ½ tbs ,Roasted Peanuts - for garnishing ,Fresh Cream -2 tbs (chilled) ,Hung curd -½ cup ,Lemon -1 tbs ,Salt - to taste ,White pepper - ¼ tbs.
		< Recommendations >	
		In a bowl add cheese, kidney beans, ketchup, red chili powder, chopped green chilies and mix well. Put the mixture over the each biscuit like a heap, leaving the corners clean. Put a paper napkin on the glass turn tray and place the biscuits carefully on it and cook for 3 minutes on microwave mod. Sour Cream : Fresh cream, yogurt, lemon juice, salt and pepper. Garnish the biscuits with sour cream and a peanut at the top.	

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Code	Food	Serving Size	Ingredients
3	Dimsum	18 - 20 pcs	Maida - 2 Cups,Cabbage(grated) -1/2,Salt - 1/2 tbs,medium - sized Onions (chopped) – 3,Ginger paste - 1/2 tbs ,Baking Powder - a pinch of,For Chutney,Garlic flakes (chopped) - 5,Red Chillies (chopped) - 5,Vinegar - Little amount of.
		< Recommendations >	
		Mix maida, baking powder and water to make smooth dough. Leave the dough overnight. Roll out medium sized chapattis from dough. Cut into two halves from the middle like samosas. Now make a mixture of grated cabbage, onion, ginger paste and salt to taste to stuff in. Stuff the half-piece chapatti with this mixture. Repeat the step to make all the momos. Steam these momos in an idli moulds in rice container with a little water at the bottom. Microwave for 10 minutes. To prepare chutney, churn garlic, red chilli and vinegar in a mixer. Serve the momos with chutney.	
4	Hot & Sour Soup	250 - 300 ml	Fresh Tomato Puree - 4 tbs ,Readymade tomato puree - 1 tbs ,Water - 2 cups ,Seasoning Cube - 1 ,Capsicum - 1 tbs (finely chopped),Cottage cheese - 1 tbs (finely chopped),Corn flour - 2 ½ tbs ,Vinegar - 1 tbs.
		< Recommendations >	
		Mix corn flour with normal water and add to all the ingredients except vinegar. Cook for 9 minutes on microwave mod and serve hot with vinegar.	
5	Eggless Chocolate Walnut Cake	500 gm	Regular Flour (Maida) - 100 gm,Powdered Sugar - 2 tbs ,Butter - 75 gm (preferably unsalted) ,Milk - ½ Cup ,Milk Maid - ½ tin ,Cocoa Powder - ¼ Cup ,Soda bi carb - ½ tbs ,Baking powder - ½ tbs ,Vanilla Essence - 1 tbs ,Walnut - 2 tbs.
		< Recommendations >	
		Sift regular flour with cocoa, soda bicarb and baking powder. Keep aside. Mix sugar and butter. Beat till it gets light and fluffy. Add milk maid and beat again for 1 minute. Add milk and essence. Add Maida. Beat well for 3-4 minutes till the mixture is smooth and light. Add walnuts, Mix well. transfer to big, greased deep dish of 9" inch diameter. Microwave for 5 minutes. Let it cool. Let it stand for 3-4 minutes. Let it cool till it leaves the sides of container. And serve.	

Code	Food	Serving Size	Ingredients
6	Tomato & Basil Soup	200 - 250 ml	Ready made Tomato puree - 2 tbs ,Fresh Tomato Puree - 1 cup ,Water - 1 cup ,Oil - 1 tbs ,Corn flour - 1 ½ tbs ,Sugar powder - 2 ½ tbs ,Salt & Pepper - to taste ,Basil - 2 tbs ,Butter & soup sticks for serving.
		< Recommendations >	
		Add corn flour in cup and mix with normal water. Add everything in a bowl and cook for 7 minutes on microwave mod. Serve hot with butter and soup sticks.	
7	Almond drop Chocolates	100 - 120 gm	Dark Chocolate - 50 gm,Milk Compound - 50 gm ,Almonds - whole (Gurbandi Almonds, comparatively small almond).
		< Recommendations >	
		In a glass bowl put both the chocolate compounds. Microwave for two minutes on 600 w power. Dip the almond in melted chocolate and put them on a greased tray and freeze for 8 minutes. And serve.	
8	Vegetable Pasta	550 - 600 gm	Butter - 2 tbs ,Chopped Garlic - 2 tbs ,Chopped onions - 1/4 cup ,Chopped capsicum - 1/4 cup ,broccoli florets - 1/4 cup ,Carrot Julian - 1/4 cup ,Chopped Tomatoes - 1/2 cup ,Penne Pasta - 2 cups ,milk - 3/4 cup ,Mozzarella cheese - 3 tbs ,salt - to taste ,black pepper - 1/2 tbs.
		< Recommendations >	
		In a microwave safe glass bowl add all the ingredients except salt. Cook on microwave mod and add salt after removing from the microwave	
9	Muesli chocolate rocks	200 – 250 gm	Roasted Oats - ¼ cup,Cornflakes - 1/4 cup,Mixed Nuts - 2 tbs,Wheat bran - 1 tbs,Raisins - 2 tbs,Castor Sugar - 2 tbs,Milk Chocolate - 1/4 cup,Dark chocolate - 2 tbs.
		< Recommendations >	
		Mix all heat on 600 w and set in microwave safe microwave safe glass dish. Make small rock shapes and Refrigerate for 5 minutes and serve.	

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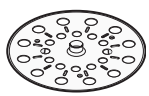
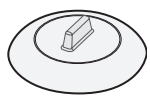
Code	Food	Serving Size	Ingredients
10	**Almond Sheera**	250 gm	Blanched Almonds - 1 cup,Milk - ¾ cup,Ghee - 1 tbs,Sugar - ½ cup,Cardamom powder - ½ tbs,Saffron - few strands (mixed with 1 tbs warm water),Sliced Almonds - 2 tbs.
		< Recommendations >	
		Combine everything cook	

POWER STEAM COOKING GUIDE (ONLY MS23F301TF*, MS23F302TF* MODELS)

The Power Steamer is based on the principle of steam cooking, and is designed for fast, healthy cooking in your Samsung Microwave oven. This accessory is ideal for cooking rice, pasta, vegetables, etc. in record time, while preserving their nutritional values.
The Microwave Power steamer set is made up of 3 items:

Bowl


Insert tray


Lid

All parts withstand temperatures from -20 °C to 140 °C.
Suitable for freezer storage. Can also be used separately or together.

CONDITIONS OF USE:

- Do not use:
  - to cook foods with a high sugar or fat content,
  - with the grill or rotating heat function or on a hob.
- Wash all parts well in soapy water before first use.
- To find out cooking times, please refer to the instructions in the table on next page.

MAINTENANCE:

- Your steamer can be washed in a dishwasher.
- When washing by hand, use hot water and washing-up liquid. Do not use abrasive pads.
- Some foods (such as tomato) may discolour the plastic. This is normal and not a manufacturing fault.

DEFROSTING:

Place the frozen food in the steam bowl without the lid. The liquid will remain in the bottom of the pot and will not harm the food.

COOKING:

Food	Portion (g)	Power levels (W)	Cooking time (min.)	Standing time (min.)	Handling
Artichokes	300 (1-2 pcs)	800	5-6	1-2	Bowl with insert tray + Lid
	Instructions Rinse and clean artichokes. Put insert tray into bowl. Set artichokes on tray. Add one tablespoon lemon juice. Cover with lid.				
Fresh vegetables	300	800	4-5	1-2	Bowl with insert tray + Lid
	Instructions Weigh the vegetables (e.g. broccoli, cauliflower, carrots, pepper) after washing, cleaning and cutting into similar size. Put tray into bowl. Distribute vegetables on insert tray. Add 2 tablespoons water. Cover with lid.				
Frozen vegetables	300	600	7-8	2-3	Bowl with insert tray + Lid
	Instructions Put the frozen vegetables into the steam bowl. Put insert tray into bowl. Add 1 tablespoon water. Cover with lid. Stir well after cooking and standing.				

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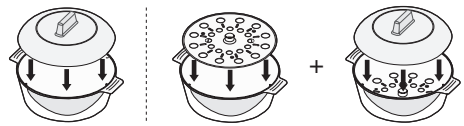
Food	Portion (g)	Power levels (W)	Cooking time (min.)	Standing time (min.)	Handling
Rice	250	800	15-18	5-10	Bowl + Lid
	Instructions Put rice into the steam bowl. Add 500 ml cold water. Cover with lid. After cooking let stand white rice 5 minutes, brown rice 10 minutes.				
Jacket potatoes	500	800	7-8	2-3	Bowl + Lid
	Instructions Weigh and rinse the potatoes and put them into steam bowl. Add 3 tablespoons water. Cover with lid.				
Stew (chilled)	400	600	5-6	1-2	Bowl + Lid
	Instructions Put stew into the steam bowl. Cover with lid. Stir well before standing.				
Soup (chilled)	400	800	3-4	1-2	Bowl + Lid
	Instructions Pour into steam bowl. Cover with lid. Stir well before standing.				
Frozen soup	400	800	8-10	2-3	Bowl + Lid
	Instructions Put frozen soup into steam bowl. Cover with lid. Stir well before standing.				
Frozen yeast dumpling with jam filling	150	600	1-2	2-3	Bowl + Lid
	Instructions Moist the top of filled dumplings with cold water. Put 1-2 frozen dumplings side by side into the steam bowl. Cover with lid.				
Fruit compote	250	800	3-4	2-3	Bowl + Lid
	Instructions Weigh the fresh fruits (e.g. apples, pears, plums, apricots, mangoes or pineapple) after peeling, washing and cutting into similar sizes or cubes. Put into steam bowl. Add 1-2 tablespoons water and 1-2 tbs. sugar. Cover with lid.				

Handling of power steam cooker



Bowl + Lid Bowl with insert tray + Lid

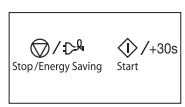
PRECAUTIONS:

- Take special care when opening the lid of your steamer, because the steam escaping may be very hot.
- Use oven gloves when handling after cooking.

SWITCHING THE BEEPER OFF

You can switch the beeper off whenever you want.

1. Press the **Stop/Energy Saving** (⏚/🔊) and **Start/+30s** (⏀/+30s Start) buttons at the same time.

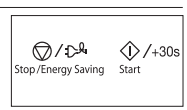


Result :

- The following indication is displayed.

- The oven does not beep each time you press a button.

2. To switch the beeper back on, press the **Stop/Energy Saving** (⏚/🔊) and **Start/+30s** (⏀/+30s Start) buttons again at the same time.



Result :

- The following indication is displayed.

- The oven operates with the beeper on again.

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SAFETY-LOCKING YOUR MICROWAVE OVEN

Your microwave oven is fitted with a special Child Safety programme, which enables the oven to be "locked" so that children or anyone unfamiliar with it cannot operate it accidentally.
The oven can be locked at any time.

1. Press the **Child lock** (Child lock) button for one second.

   Result :

   - The oven is locked (no functions can be selected).
   - The display shows "L".

2. To unlock the oven, press the **Child lock** (Child lock) button for one second.

   Result : The oven can be used normally.

cookware guide

To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used.
Care must therefore be taken when choosing the cookware. If the cookware is marked microwave-safe, you do not need to worry.
The following table lists various types of cookware and indicates whether and how they should be used in a microwave oven.

Cookware	Microwave-safe	Comments
Aluminum foil	✓✗	Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used.
Crust plate	✓	Do not preheat for more than 8 minutes.
China and earthenware	✓	Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless decorated with a metal trim.
Disposable polyester cardboard dishes	✓	Some frozen foods are packaged in these dishes.
Fast-food packaging		
• Polystyrene cups containers	✓	Can be used to warm food. Overheating may cause the polystyrene to melt.
• Paper bags or newspaper	✗	May catch fire.
• Recycled paper or metal trims	✗	May cause arcing.

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Cookware	Microwave-safe	Comments
Glassware		
• Oven-to-tableware	✓	Can be used, unless decorated with a metal trim.
• Fine glassware	✓	Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly.
• Glass jars	✓	Must remove the lid. Suitable for warming only.
Metal		
• Dishes	✗	May cause arcing or fire.
• Freezer bag twist ties	✗	
Paper		
• Plates, cups, napkins and kitchen paper	✓	For short cooking times and warming. Also to absorb excess moisture.
• Recycled paper	✗	May cause arcing.
Plastic		
• Containers	✓	Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic.
• Cling film	✓	Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape.
• Freezer bags	✓✗	Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary.
Wax or grease-proof paper	✓	Can be used to retain moisture and prevent spattering.

✓ **: Recommended** ✓✗ **: Use Caution** ✗ **: Unsafe**

cooking guide

MICROWAVES

Microwave energy actually penetrates food, attracted and absorbed by its water, fat and sugar content.
The microwaves cause the molecules in the food to move rapidly. The rapid movement of these molecules creates friction and the resulting heat cooks the food.

COOKING

Cookware for microwave cooking:
Cookware must allow microwave energy to pass through it for maximum efficiency. Microwaves are reflected by metal, such as stainless steel, aluminium and copper, but they can penetrate through ceramic, glass, porcelain and plastic as well as paper and wood. So food must never be cooked in metal containers.

Food suitable for microwave cooking:
Many kinds of food are suitable for microwave cooking, including fresh or frozen vegetables, fruit, pasta, rice, grains, beans, fish, and meat. Sauces, custard, soups, steamed puddings, preserves, and chutneys can also be cooked in a microwave oven. Generally speaking, microwave cooking is ideal for any food that would normally be prepared on a hob. Melting butter or chocolate, for example (see the chapter with tips, techniques and hints).

Covering during cooking
To cover the food during cooking is very important, as the evaporated water rises as steam and contributes to cooking process. Food can be covered in different ways: e.g. with a ceramic plate, plastic cover or microwave suitable cling film.

Standing times
After cooking is over food the standing time is important to allow the temperature to even out within the food.

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Cooking Guide for frozen vegetables

Use a suitable glass pyrex bowl with lid. Cook covered for the minimum time - see table. Continue cooking to get the result you prefer.
Stir twice during cooking and once after cooking. Add salt, herbs or butter after cooking. Cover during standing time.

Food	Portion (g)	Power (W)	Time (min.)	Standing time (min.)	Instructions
Spinach	150	600	4½-5½	2-3	Add 15 ml (1 tablespoon) cold water.
Broccoli	300	600	9-10	2-3	Add 30 ml (2 tablespoon) cold water.
Peas	300	600	7½-8½	2-3	Add 15 ml (1 tablespoon) cold water.
Green beans	300	600	8-9	2-3	Add 30 ml (2 tablespoon) cold water.
Mixed vegetables (carrots/peas/ corn)	300	600	7½-8½	2-3	Add 15 ml (1 tablespoon) cold water.
Mixed vegetables (chinese style)	300	600	8-9	2-3	Add 15 ml (1 tablespoon) cold water.

Cooking Guide for fresh vegetables

Use a suitable glass pyrex bowl with lid. Add 30-45 ml cold water (2-3 tbs.) for every 250 g unless another water quantity is recommended – see table. Cook covered for the minimum time – see table. Continue cooking to get the result you prefer. Stir once during and once after cooking. Add salt, herbs or butter after cooking.
Cover during a standing time of 3 minutes.

Hint : Cut the fresh vegetables into even sized pieces. The smaller they are cut, the quicker they will cook.

All fresh vegetables should be cooked using full microwave power (800 W).

Food	Portion (g)	Time (min.)	Standing time (min.)	Instructions
Broccoli	250 500	4-4½ 7-7½	3	Prepare even sized florets. Arrange the stems to the centre.
Brussels sprouts	250	5½-6½	3	Add 60-75 ml (4-5 tbs.) water.
Carrots	250	4½-5	3	Cut carrots into even sized slices.
Cauliflower	250 500	5-5½ 8½-9	3	Prepare even sized florets. Cut big florets into halves. Arrange stems to the centre.
Courgettes	250	3½-4	3	Cut courgettes into slices. Add 30 ml (2 tbs.) water or a knob of butter. Cook until just tender.
Egg plants	250	3½-4	3	Cut egg plants into small slices and sprinkle with 1 tablespoon lemon juice.
Leeks	250	4½-5	3	Cut leeks into thick slices.
Mushrooms	125 250	1½-2 3-3½	3	Prepare small whole or sliced mushrooms. Do not add any water. Sprinkle with lemon juice. Spice with salt and pepper. Drain before serving.
Onions	250	5½-6	3	Cut onions into slices or halves. Add only 15 ml (1 tbs.) water.
Pepper	250	4½-5	3	Cut pepper into small slices.
Potatoes	250 500	4-5 7½-8½	3	Weigh the peeled potatoes and cut them into similar sized halves or quarters.
Turnip cabbage	250	5-5½	3	Cut turnip cabbage into small cubes.

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Cooking Guide for rice and pasta

Rice : Use a large glass pyrex bowl with lid - rice doubles in volume during cooking. Cook covered.
After the cooking time is over, stir before standing time and salt or add herbs and butter.
Remark: the rice may not have absorbed all water after the cooking time is finished.

Pasta : Use a large glass pyrex bowl. Add boiling water, a pinch of salt and stir well. Cook uncovered.
Stir occasionally during and after cooking. Cover during standing time and drain thoroughly afterwards.

Food	Portion (g)	Power (W)	Time (min.)	Standing time (min.)	Instructions
White rice (parboiled)	250	800	16-17	5	Add 500 ml cold water.
Brown rice (parboiled)	250	800	21-22	5	Add 500 ml cold water.
Mixed rice (rice + wild rice)	250	800	17-18	5	Add 500 ml cold water.
Mixed corn (rice + grain)	250	800	18-19	5	Add 400 ml cold water.
Pasta	250	800	11-12	5	Add 1000 ml hot water.

REHEATING

Your microwave oven will reheat food in a fraction of the time that conventional ovens hobs normally take.
Use the power levels and reheating times in the following chart as a guide. The times in the chart consider liquids with a room temperature of about +18 to +20 °C or a chilled food with a temperature of about +5 to +7 °C.

Arranging and covering
Avoid reheating large items such as joint of meat – they tend to overcook and dry out before the centre is piping hot. Reheating small pieces will be more successful.

Power levels and stirring
Some foods can be reheated using 800 W power while others should be reheated using 600 W, 450 W or even 300 W.
Check the tables for guidance. In general, it is better to reheat food using a lower power level, if the food is delicate, in large quantities, or if it is likely to heat up very quickly (mince pies, for example).
Stir well or turn food over during reheating for best results. When possible, stir again before serving.
Take particular care when heating liquids and baby foods. To prevent eruptive boiling of liquids and possible scalding, stir before, during and after heating. Keep them in the microwave oven during standing time. We recommend putting a plastic spoon or glass stick into the liquids. Avoid overheating (and therefore spoiling) the food.
It is preferable to underestimate cooking time and add extra heating time, if necessary.

Heating and standing times
When reheating food for the first time, it is helpful to make a note of the time taken – for future reference.
Always make sure that the reheated food is piping hot throughout.
Allow food to stand for a short time after reheating - to let the temperature even out.
The recommended standing time after reheating is 2-4 minutes, unless another time is recommended in the chart.
Take particular care when heating liquids and baby food. See also the chapter with the safety precautions.

REHEATING LIQUIDS

Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out. Stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.
reducing the cooking time while giving the food a brown and crispy surface. Cooking with convection is the traditional and well known method of cooking food in an oven with hot air circulated by a fan on the back-wall.

Cookware for cooking with microwaves + convection:
Should be able to let the microwaves pass through. Should be ovenproof (like glass, pottery or china without metal trims); similar to the cookware described under MW + Grill.

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Food suitable for Microwave+Convection cooking:
All kinds of meats and poultry as well as casseroles and gratin dishes, sponge cakes and light fruit cakes, pies and crumbles, roast vegetables, scones and breads.

Reheating Liquids and Food

Use the power levels and times in this table as a guide lines for reheating.

Food	Portion	Power (W)	Time (min.)	Standing time (min.)	Instructions
Drinks (coffee, tea and water)	150 ml (1 cup) 250 ml (1 mug)	800	1-1½ 1½-2	1-2	Pour into cup and reheat uncovered. Put cup/ mug in the centre of turntable. Keep in microwave oven during standing time and stir well.
Soup (chilled)	250 g	800	3-3½	2-3	Pour into a deep ceramic plate. Cover with plastic lid. Stir well after reheating. Stir again before serving.
Stew (chilled)	350 g	600	5½-6½	2-3	Put stew in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Pasta with sauce (chilled)	350 g	600	4½-5½	3	Put pasta (e.g. spaghetti or egg noodles) on a flat ceramic plate. Cover with microwave cling film. Stir before serving.
Filled pasta with sauce (chilled)	350 g	600	5-6	3	Put filled pasta (e.g. ravioli, tortellini) in a deep ceramic plate. Cover with plastic lid. Stir occasionally during reheating and again before standing and serving.
Plated meal (chilled)	350 g	600	5½-6½	3	Plate a meal of 2-3 chilled components on a ceramic dish. Cover with microwave cling-film.

REHEATING BABY FOOD

BABY FOOD: Empty into a deep ceramic plate. Cover with plastic lid. Stir well after reheating!
Let stand for 2-3 minutes before serving. Stir again and check the temperature. Recommended serving temperature: between 30-40 °C.
BABY MILK: Pour milk into a sterilised glass bottle. Reheat uncovered. Never heat a baby's bottle with teat on, as the bottle may explode if overheated. Shake well before standing time and again before serving ! Always carefully check the temperature of baby milk or food before giving it to the baby. Recommended serving temperature: ca. 37 °C.
REMARK: Baby food particularly needs to be checked carefully before serving to prevent burns.
Use the power levels and times in the next table as a guide lines for reheating.

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Reheating baby food and milk

Use the power levels and times in this table as guide lines for reheating.

Food	Portion	Power (W)	Time	Standing time (min.)	Instructions
Baby food (vegetables + meat)	190 g	600	30 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby porridge (grain + milk + fruit)	190 g	600	20 sec.	2-3	Empty into ceramic deep plate. Cook covered. Stir after cooking time. Stand for 2-3 minutes. Before serving, stir well and check the temperature carefully.
Baby milk	100 ml 200 ml	300	30-40 sec. 50 sec. to 1 min.	2-3	Stir or shake well and pour into a sterilized glass bottle. Place into the centre of turn-table. Cook uncovered. Shake well and stand for at least 3 minutes. Before serving, shake well and check the temperature carefully.

MANUAL DEFROSTING

Microwaves are an excellent way of defrosting frozen food. Microwaves gently defrost frozen food in a short period of time. This can be of great advantage, if unexpected guests suddenly show up.

Frozen poultry must be thoroughly thawed before cooking. Remove any metal ties and take it out of any wrapping to allow thawed liquid to drain away.

Put the frozen food on a dish without cover. Turn over half way, drain off any liquid and remove any giblets as soon as possible.

Check the food occasionally to make sure that it does not feel warm.

If smaller and thinner parts of the frozen food start to warm up, they can be shield by wrapping very small strips of aluminium foil around them during defrosting.

Should poultry start to warm up on the outer surface, stop thawing and allow it to stand for 20 minutes before continuing.

Leave the fish, meat and poultry to stand in order to complete defrosting. The standing time for complete defrosting will vary depending on the quantity defrosted. Please refer to the table below.

Hint : Flat food defrosts better than thick and smaller quantities need less time than bigger ones. Remember this hint while freezing and defrosting food.

For defrosting of frozen food with a temperature of about -18 to -20 °C, use the following table as a guide.

All frozen food should be defrosted using defrosting power level (180 W).

Food	Portion	Time (min.)	Standing time (min.)	Instructions
Meat				
Minced beef	250 g 500 g	6½-7½ 10-12	5-25	Place the meat on a flat ceramic plate. Shield thinner edges with aluminium foil. Turn over after half of defrosting time!
Pork steaks	250 g	7½-8½		

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Food	Portion	Time (min.)	Standing time (min.)	Instructions
Poultry				
Chicken pieces	500 g (2 pcs)	14½-15½	15-40	First, put chicken pieces first skin-side down, whole chicken first breast-side-down on a flat ceramic plate. Shield the thinner parts like wings and ends with aluminium foil. Turn over after half of defrosting time!
Whole chicken	900 g	28-30		
Fish				
Fish fillets	250 g (2 pcs) 400 g (4 pcs)	6-7 12-13	5-15	Put frozen fish in the middle of a flat ceramic plate. Arrange the thinner parts under the thicker parts. Shield narrow ends with aluminium foil. Turn over after half of defrosting time!
Fruits				
Berries	250 g	6-7	5-10	Distribute fruits on a flat, round glass dish (with a large diameter).
Bread				
Bread rolls (each about 50 g) Toast/Sandwich German bread (wheat + rye flour)	2 pcs 4 pcs 250 g 500 g	½-1 2-2½ 4½-5 8-10	5-20	Arrange rolls in a circle or bread horizontally on kitchen paper in the middle of turntable. Turn over after half of defrosting time!

SPECIAL HINTS

MELTING BUTTER
Put 50 g butter into a small deep glass dish. Cover with plastic lid.
Heat for 30-40 seconds using 800 W, until butter is melted.

MELTING CHOCOLATE
Put 100 g chocolate into a small deep glass dish.
Heat for 3-5 minutes, using 450 W until chocolate is melted.
Stir once or twice during melting. Use oven gloves while taking out!

MELTING CRYSTALLIZED HONEY
Put 20 g crystallized honey into a small deep glass dish.
Heat for 20-30 seconds using 300 W, until honey is melted.

MELTING GELATINE
Lay dry gelatine sheets (10 g) for 5 minutes into cold water.
Put drained gelatine into a small glass pyrex bowl.
Heat for 1 minute using 300 W. Stir after melting.

COOKING GLAZE/ICING (FOR CAKE AND GATEAUX)
Mix instant glaze (approximately 14 g) with 40 g sugar and 250 ml cold water. Cook uncovered in a glass pyrex bowl for 3½ to 4½ minutes using 800 W, until glaze/icing is transparent. Stir twice during cooking.

COOKING JAM
Put 600 g fruits (for example mixed berries) in a suitable sized glass pyrex bowl with lid. Add 300 g preserving sugar and stir well.
Cook covered for 10-12 minutes using 800 W.
Stir several times during cooking. Empty directly into small jam glasses with twist-off lids. Stand on lid for 5 minutes.

COOKING PUDDING
Mix pudding powder with sugar and milk (500 ml) by following the manufacturers instructions and stir well. Use a suitable sized glass pyrex bowl with lid. Cook covered for 6½ to 7½ minutes using 800 W.
Stir several times well during cooking.

BROWNING ALMOND SLICES
Spread 30 g sliced almonds evenly on a medium sized ceramic plate.
Stir several times during browning for 3½ to 4½ minutes using 600 W.
Let it stand for 2-3 minutes in the oven. Use oven gloves while taking out!

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TROUBLESHOOTING

Becoming familiar with a new appliance always takes a little time. If you have any of the problems listed below, try the solutions given. They may save you the time and inconvenience of an unnecessary service call.

The following are normal occurrences.

- Condensation inside the oven
- Air flow around the door and outer casing
- Light reflection around the door and outer casing
- Steam escaping from around the door or vents

The food is not cooked at all

- Have you set the timer correctly and pressed the **Start/+30s** (Start / +30s) button?
- Is the door closed?
- Have you overloaded the electric circuit and caused a fuse to blow or a breaker to be triggered.

The food is either overcooked or undercooked

- Was the appropriate cooking length set for the type of food?
- Was an appropriate power level chosen?

The oven causes interference with radios or televisions

- Slight interference may be observed on televisions or radios when the oven is operating. This is normal.
  - Solution: install the oven away from televisions, radios and aerials.
- If interference is detected by the oven's microprocessor, the display may be reset.
  - Solution: Disconnect the power plug and reconnect it. Reset the time.

The light bulb is not working.

- The Light bulb should not be replaced in person for safety reasons. Please contact nearest authorised Samsung customer care, to arrange for a qualified engineer to replace the bulb.

Sparking and cracking occur inside the oven (arcing)

- Have you used a dish with metal trimmings?
- Have you left a fork or other metal utensil inside the oven?
- Is aluminum foil too close to the inside walls?

If the above guidelines do not enable you to solve the problem, then contact your local SAMSUNG customer service centre.
Please have the following information read;

- The model and serial numbers, normally printed on the rear of the oven
- Your warranty details
- A clear description of the problem

Then contact your local dealer or SAMSUNG aftersales service.

ERROR CODE

"SE" message indicates.

- The "SE" message is Clean the keys and check if there is water on the surface around key. Turn off the microwave oven and try setting again. If it accurs again, call your local SAMSUNG Customer Care Centre.

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technical specifications

SAMSUNG strives to improve its products at all times. Both the design specifications and these user instructions are thus subject to change without notice.

Model	MS23F301T**, MS23F302T**
Power source	230 V ~ 50 Hz
Power consumption Microwave	 1150 W
Output power	100 W / 800 W (IEC-705)
Operating frequency	2450 MHz
Magnetron	OM75S (31)
Cooling method	Cooling fan motor
Dimensions (W x H x D) Outside Oven cavity	 489 x 275 x 374 mm 330 x 211 x 324 mm
Volume	23 liter
Weight Net	 12 kg approx

MEMO

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MEMO

MEMO

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MEMO

QUESTIONS OR COMMENTS

COUNTRY	CALL	OR VISIT US ONLINE AT
AUSTRALIA	1300 362 603	www.samsung.com/au/support
NEW ZEALAND	0800 SAMSUNG (0800 726 786)	www.samsung.com/nz/support
CHINA	400-810-5858	www.samsung.com/cn/support
HONG KONG	(852) 3698 4698	www.samsung.com/hk/support (Chinese) www.samsung.com/hk_en/support (English)
INDIA	1800 3000 8282 - Toll Free 1800 266 8282 - Toll Free	www.samsung.com/in/support
BANGLADESH	09612300300 – non toll free	
INDONESIA	0800112888 021-56997777	www.samsung.com/id/support
JAPAN	0120-327-527	www.samsung.com/jp/support
MALAYSIA	1800-88-9999	www.samsung.com/my/support
PHILIPPINES	1-800-10-7267864 [PLDT] 1-800-8-7267864 [Globe landline and Mobile] 02-4222111 [Other landline]	www.samsung.com/ph/support
SINGAPORE	1800-SAMSUNG(726-7864)	www.samsung.com/sg/support
THAILAND	0-2689-3232 1800-29-3232	www.samsung.com/th/support
TAIWAN	0800-32-9999	www.samsung.com/tw/support
VIETNAM	1800 588 889	www.samsung.com/vn/support

This product is RoHS compliant

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